

MyPyramid

“It is easier to maintain your health than regain it.” – Dr. Ken Cooper

Use this website to help answer some of these questions www.mypyramid.com

1. Complete the **My Pyramid Plan**.

2. According to your Pyramid Plan, how many servings should you be eating from each food group?

Grains	
Vegetables	
Fruit	
Milk	
Meat & Beans	

3. Take a tour of the new pyramid, click on **Tour MyPyramid**.

4. Check out the section **For Kids**. List three things you could use in your classroom to help teach health.

5. Check out the health resources available to you with the **For Professionals** link.